

Paneer Skewers  
RECIPE

## Paneer Skewers



<?xml version="1.0"?>

TIME

135 mins

INGREDIENTS

7 items

MAKES

2 servings

Paneer is a fresh, unsalted cheese. Skewered with onion and peppers in this dish makes a fast and delicious mid week meal.

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## INGREDIENTS

- Ben's Original™ Pilau Microwave Rice 220g
- 100g Natural Yoghurt

- 2tbsp Tikka Curry Paste
- 200g Paneer, cut into chunks
- 1 White Onion, cut into chunks
- 1 Red Pepper, cut into chunks
- 1 Lime, quartered

## INSTRUCTION

1. 1  
Add the tikka paste to a bowl with the yoghurt and a squeeze of lime juice, season and mix well. Place the paneer pieces into the bowl and coat well. Cover and place in the fridge for at least 2 hours to marinade (the longer the better).
2. 2  
Set a grill to high, line a baking tray with foil to collect the juices. If you have a pan with a rack attachment, add on top of the foil. To assemble, slide the paneer onto a metal skewer followed by pepper, paneer and onion. Continue this pattern until the skewer is filled.
3. 3  
Place the skewers onto your baking tray and slide under the grill. Cook for 10-15 minutes, turning occasionally so each side of the paneer cubes can char slightly.
4. 4  
Heat the Ben's Original™ rice according to pack instructions then top with the paneer skewers. Garnish with a lime piece and enjoy!

## NUTRITION

### Amount Per Serving

- Calories 633
- Carbohydrates (g) 51.3
- Cholesterol (mg) 1
- Dietary Fiber (g) 4.4
- Energy (kj) 2648
- Protein (g) 33.5
- Sugars (g) 12.2
- Total Fat (g) 31.7
- Saturated Fat (g) 16.3
- Salt (g) 0.99
- Sodium (mg) 395
- Trans Fat (g) 1.3

## Categories:

[Pilau](#), [Bake](#), [Food of the World](#), [Vegetarian](#), [45 MIN +](#).

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Cooking time

185 mins

Ingredients

8 items

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25 mins

Ingredients

9 items

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Cooking time

35 mins

Ingredients

11 items

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